

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## June 2023 – Scottish Borders

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group		
Every Monday	<b>Kelso Walking Group</b> <b>Floors Castle, Roxburgh Street, Kelso TD5 7RL</b>  Meet at the ticket kiosk next to the Walled Garden and Terrace Café. Slow woodland walk followed by tea/coffee and a scone in one of the cafés.	11.00am –12.30pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 6 <sup>th</sup> June	<b>Jedburgh Forget Me Not Café</b> <b>The Masonic Hall, 14 Castlegate, Jedburgh TD8 6TW</b>  First Tuesday of the month – A friendly, supportive place for anyone affected by dementia. Enjoy a cuppa, conversation, activities, and friendship.	2.00pm - 3.30pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 6 <sup>th</sup> & 20 <sup>th</sup> June	<b>Selkirk - St John's Memory Café</b> <b>St John's Church, Selkirk, TD7 4LH</b>  First & Third Tuesday of the month – A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey.	2.00pm - 3.30pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
Tuesday 13 <sup>th</sup> June	<b>Duns Memory Café</b> <b>Trust Housing, Longfield Crescent, Duns TD11 3FA</b>  Second Tuesday of the month – A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. In addition, on the Fourth Thursday of the month – starting on the 27 <sup>th</sup> July.	2.00pm - 3.30pm  <a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324

<p>Tuesday 20<sup>th</sup> June</p>	<p><b>Jedburgh Picnic Garden Visit</b>  <b>Monteviot Gardens, Monteviot House, Jedburgh, TD8 6UH</b></p> <p>Bring along a picnic lunch to be enjoyed in the company of others. The visits are for anyone affected by dementia and their family carers / friends. We will have a gentle walk, and enjoy the sights, sounds and smells of the outdoors to encourage relaxation and positive wellbeing.  <b>Please contact us in advance to book your place as some visits have restricted numbers.</b></p>	<p>12.00-3.00pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a>  01573 400324</p>
<p>Tuesday 27<sup>th</sup> June</p>	<p><b>Café Connect Coldstream</b>  <b>St Johns Masonic Lodge, Duke Street, Coldstream TD12 4BS</b></p> <p>Fourth Tuesday of the month - Information, support and activities will be available to anyone worried about their memory, has a diagnosis of dementia or is supporting someone with dementia. It is anticipated activities such as tabletop games, crafts, gentle exercise and quizzes will be held, depending on particular interests, as well as a friendly cuppa and chat.</p>	<p>2.00pm – 3.30pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a>  01573 400324</p>
<p>Tuesday 27<sup>th</sup> June</p>	<p><b>Galashiels - Borders Dementia Working Group</b></p> <p>Last Tuesday of the month - For people living with dementia and their carers who are interested in influencing local and national policy, making the Borders more dementia friendly, helping reduce stigma, campaigning for change and being the voice of local people with dementia.</p>	<p>12.00pm – 2.30pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a>  01573 400324</p>
<p>Wednesday 7<sup>th</sup> June</p>	<p><b>Duns Racing Reminiscence</b>  <b>Jim Clark Motorsport Museum, 44 Newtown Street, Duns TD11 3AU</b></p> <p>First Wednesday of the month - The group meets in a relaxed informal atmosphere and spends time discussing motor sport from the past and using photographs and memorabilia to stimulate memories and communication.</p>	<p>2.00pm - 4.00pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a>  01573 400324</p>
<p>Wednesday 14<sup>th</sup> &amp; 28<sup>th</sup> June</p>	<p><b>Memory Lane Music</b>  <b>The Focus Community Centre, Livingston Place, Galashiels TD1 1DQ</b></p> <p>Second and Fourth Wednesday of the month. Come and join us on a trip down memory lane and enjoy singing together. The group is for anyone affected by dementia and their friends/family and offers meaningful and therapeutic singing as a way of improving wellbeing.</p>	<p>2.00pm - 3.30pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a>  01573 400324</p>
<p>Thursday 1<sup>st</sup> June</p>	<p><b>Dementia Advisor at Hawick - What Matters Hubs</b></p>	<p>10.00am - 1.00pm</p>

	<p>First Thursday of the month - One of our Dementia Advisors will be present at Hawick's 'What Matters Hub' from 10am-1pm. Please feel free to pop along for chat if you require any information, advice or support.</p>	<p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Thursday 15<sup>th</sup> June</p>	<p><b>Hawick Dementia Café</b> <b>Masonic Lodge, 33 Commercial Road TD9 7AD</b></p> <p>Third Thursday of each month - A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey.</p>	<p>1.30pm - 3.00pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Thursday 8<sup>th</sup> &amp; 22<sup>nd</sup> June</p> <p>Thursday 8<sup>th</sup> May (Dementia Advisor only)</p>	<p><b>Peebles Memory Café – Dementia Friendly</b> <b>Tweeddale</b> <b>Firholm Day Unit, Innerleithen Road, Peebles EH45 8BD</b></p> <p>Second &amp; Fourth Thursday of the month – A friendly, supportive meeting place for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey. <b>Dementia Advisor available on the second Thursday of each month for information/appointments only.</b></p>	<p>2.00pm - 4.00pm</p> <p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Monday 29<sup>th</sup> May – Sunday 4<sup>th</sup> June</p> <p>Tea &amp; Blether Thursday 1<sup>st</sup> June 10:00am – 4:00pm</p>	<p><b>Upcoming Events</b></p> <p><b>DAW (Dementia Awareness Week)</b> Alzheimer Scotland's Dementia Resource Centre in Kelso will stage a Tea &amp; Blether on Thursday 1<sup>st</sup> June and is encouraging locals to drop in to learn more about the support that is available to them, in the heart of their local community, along with finding out more about what Alzheimer Scotland is providing locally and how you can get involved with supporting the charity.</p>	<p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Dates and times on Request</p>	<p><b>Dementia Friends Information Session</b></p> <p>Anybody can become a Dementia Friend. It's just about understanding a bit more about dementia and the small things you can do to help people living with dementia. Information sessions are free, interactive and informative.</p>	<p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>
<p>Booking required</p>	<p><b>Planned Picnic Garden Visits</b></p> <p><b>Tuesday 18<sup>th</sup> July, Carolside Gardens, Earlston</b> <b>Tuesday 15<sup>th</sup> August, Floors Castle, Kelso</b> <b>Tuesday 19<sup>th</sup> September Kailzie Gardens, Peebles.</b></p> <p>Bring along a picnic lunch to be enjoyed in the company of others. The visits are for anyone affected by dementia and their family carers / friends. We will have a gentle</p>	<p><a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324</p>

	walk, and enjoy the sights, sounds and smells of the outdoors to encourage relaxation and positive wellbeing. <b>Please contact us in advance to book your place as some visits have restricted numbers.</b>	
Coming soon – these groups are currently being developed.	Earlston Dementia Café (time and venue to be confirmed)	<a href="mailto:Borders@alzscot.org">Borders@alzscot.org</a> 01573 400324
	Jedburgh Historic Chronicles with Historic Environments Scotland (time and venue to be confirmed)	
	Innerleithen Dementia Café (time and venue to be confirmed)	
	Friday stroll around Abbotsford (start date and time to be confirmed)	

**Contact details for groups:**

**Lyndsay Hornigold**

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Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/>

